



# *Mason County*

## WIC Facts: FFY 2004

### Infants Born Served by WIC

County.....63.9%  
Statewide..... 48.6%

### Women, Infants and Children Served

**Total: 2,638**

Infants and children under 5..... 1,861

Pregnant, breastfeeding and postpartum women.....777

### WIC Food Dollar Contribution to Local Economy

WIC Program Food Dollars  
\$916,661

WIC Farmers Market Nutrition Program Food Dollars  
\$1,906

### WIC Families

Working families.....53.9%  
WIC households with at least one working family member

Families living in poverty..... 75.3%  
Percent of WIC clients with income at or below the federal poverty level (\$1,307 per month for a family of 3)

### WIC Nutrition Education Promotes Healthy Choices

Total nutrition education sessions.....7,170

WIC nutrition education:

- Emphasizes healthy lifestyle habits so families can eat better and stay active now to prevent obesity and other chronic diseases later in life.
- Promotes breastfeeding for the first year of life. And, with the breast pump loan program, helps mothers continue to breastfeed after returning to work or school.
- Helps prevent early childhood caries by screening for early signs of poor oral health, giving parents ideas for healthy snacks and stressing the importance of dental care by age one.



### WIC Attracts Families to Preventive Health Services

WIC referrals..... 8,932

WIC informs families about health related services and provides them with the information and support needed to access them successfully.

\* Maternity Support Services

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## **WIC Agencies and Sites**

### **Community Action Council of Mason, Lewis & Thurston Counties**

Shelton

### **Public Hospital District #1 - Mason General Hospital**

Belfair

### **South Puget Intertribal Planning Agency**

Skokomish Tribe

Squaxin Island Tribe

## **WIC Authorized Grocery Stores**

Fred Meyer

Wal-Mart Supercenter

QFC

Safeway

Shelton Red Apple Market

Twin Totems

## **WIC Authorized Farmers Markets**

Shelton Farmers Market